



ASHLEY'S MEAL PREP MONDAY

CARTWRIGHT'S
MARKET

SUGAR FREE OATMEAL BAKE

Preheat oven to 350 degrees.

Mash the three bananas in an 8x11-inch baking dish.

Add the rest of the ingredients and mix well.

Spread it out evenly using the back of a spoon or spatula.

Bake for 25 to 30 minutes.

Enjoy right away, or allow to cool before cutting into.

Drizzle honey on top if you want some sweetness!

3 ripe bananas
1/2 cup applesauce
2 TBSP ground flaxmeal
3 TBSP unsweetened
peanut butter powder
1 TSP cinnamon
3 cups rolled oats
1 cup unsweetened almond
milk
optional: honey